



Mrs. ONA IVAŠKA of Boston, Mass., is one of the pioneering folk dance teachers among the Lithuanians. She first organized her folk dance group in 1937 and it has existed continuously since then. Mrs. Ivaška has two groups, a children's group of "under ten" and a teen age group. Her groups, and that of Liūdas Sagys from Cleveland, were the two most outstanding at the

Lithuanian Folk Dance Festival in Chicago. Mrs. Ivaška and her groups participated in many National Folk Festivals and at other events everywhere. She is active in Lithuanian circles. Ona is the proud mother of four sons, Algimantas, Rymantas, Gediminas and Vytautas.

The bottom picture: Dancing Malūnas.



## HOW TO PREPARE A PENNSYLVANIA DUTCH DINNER

We saw Grace Wolff and her daughter Mary at our week-end camp at camp Tamarak in Detroit. "Let us know when you will arrive in Dayton", she said, "and I'll cook a PENNSYLVANIA DUTCH Pot Boi!" We took her up on it and she did her "stuff". We had a country style from A to Z.

Peeping out here and there from behind the dishes of food could be seen a red checked table cloth. This she told us should have been white for "company" but since it was a dreary day outside, we would be "gay Dutch" at dinner. One could hardly see the table cloth anyway because the food covered all the spaces. Pot Boi, which had been cooked in a rich beef stock (see adjoining recipe), was heaped on all our plates with a big extra bowl in the center so we could help ourselves to more meat, dough, or broth (as if we could ever hold more than was on our plates) but some of us did! Just as exciting as the pot boi, however, was the delicious home-made bread which we learned to eat with smier kase and Apple butter, and we made believe it was the kind of apple butter that was cooked in the great black pots over an open fire at the Pennsylvania Dutch Festival in Kutztown Penna. First we spread the smier (pronounces Schmear) Kase on the bread and on top of it the Apple butter. Of course it was messy, but so delicious. Frugally, spoons were placed in spoon holders in strategic places on the table so we could help ourselves if necessary, but not use them unnecessarily. Celery "vases" were also somewhat unique since the stalks were placed upright like flowers in a vase, rather than the conventional way of placing them in a dish. Pickled pigs Knuckles tempted us from unusual little glass dishes shaped like owls. Grace's only lament was that she did not have sufficient time to prepare cole slaw, cucumbers with sweat-sour cream dressing, tomatoes and onions marinated in salt, pepper and vinegar, red beets and pickled eggs, and a dozen other sweets and sours that her grandma would have had on the table. Where we would have put it all, I do not know. But there were many kinds of fruit and the traditional shoo fly pie. We learned that there are all kinds of shoo fly pies ranging from very dry for dunking to those with the "wer Bottom". We had the latter kind, moist and gey but the recipe given here is for the "in between variety", not too dry, not too moist. We had planned to run off somewhere to dance that evening, but we were "so full" and the company was so delightful that we just sat and sat and sat and finished the evening with nothing but Pennsylvania Dutch, looking at boxes of souvenirs from her Pennsylvania Dutch Country.

## PENNSYLVANIA DUTCH MEALS

Grace Wolff

### POT PIE FOR SIX

#### Meat and stock

Cook two or three slices of shank beef (cut 1½ to 2 inches thick) by placing in three to four pints of cold water to which has been added 2 teaspoons of salt, pepper to taste, one large diced onion and three or four sprigs parsley. Cook very slowly for about eight (yes 8) hours. (Two to three pounds of meat is plenty).

#### Potatoes

Pare and slice about six medium sized potatoes. Dry sliced potatoes between paper napkins (so says the old Pennsylvania Dutch recipe). We use paper towels.

#### Dough

2 cups flour	1 Tablespoon shortening
1 teaspoon salt	1 egg with enough milk added
1 teaspoon baking powder	to make a total of ¾ cup

Sift above ingredients together into a mixing bowl. Blend in the shortening and add the egg and milk mixture. Mix to form dough. Divide dough into four parts and roll out each about the diameter of the kettle. Cut three rounds into quarters, leave on whole.

#### Making the pot pie

Keep a very low fire under the meat and stock, being sure that there is still enough stock to cover the meat. Place a layer of potatoes over the meat, then the four quarters of one round of dough trying to keep the dough from overlapping. Then place a layer of potatoes, a layer of dough, a layer of potatoes, a layer of dough, a layer of potatoes and finally the whole round of dough which goes over all, and touches the sides of the kettle. Cover the kettle tightly and when the liquid begins to boil, turn down the fire again so the broth cooks gently. If it boils too rapidly, the pot pie will become too dry. Cook for forty-five minutes, before removing the lid of the kettle. Serve at once. My mouth waters as I write this!

### SHOO FLY PIE (Recipe makes three pies)

Here is a cake baked in a pie crust! That is a common Pennsylvania Dutch custom. This is Delphine Hudnal's family recipe from the Pennsylvania Dutch country which was her home. She baked the pie we had for a snack on Sunday. She is Lew's mother. Lew did most of our Pennsylvania Dutch designing, remember?

Prepare enough pie dough to line 9 inch pie dishes. Do not bake.

Prepare crumbs as follows:

Combine

4 cups flour	1 cup light brown sugar
½ cup lard	1 teaspoon baking soda
½ cup butter	1 teaspoon cream of tartar

Work the above ingredients together with the hands until crumbs are fine and light. The more they are "worked" the better. Set them aside momentarily.

Prepare liquid by combining:

1 teaspoon cream of tartar with 1 cup molasses, which consists of 1 or 2 tablespoons of sorghum or blackstrap and the remainder, dark karo.

Combine separately from the above:

1 teaspoon baking soda

1 cup hot water. Add this mixture to the molasses mixture and divide this liquid into three parts. One part is poured into each of the empty, unbaked pie shells. Now divide the crumbs into three parts and sprinkle lightly over the liquid. Bake in an oven preheated to 350 degrees for 30 to 40 minutes or until the knife comes out clean (as in testing a custard).

### SWEET SOUR DRESSING

The sweet sour dressing used on the cucumbers and onions and on the slaw was made in the following proportion and poured over the already salted vegetables.

1 tablespoon Vinegar
1 tablespoon Sugar
½ cup cream

### MINT TEA

Simply add a gauze bag of fresh or dried mint leaves to water which has been brought to the boiling point and brow to desired strength. Add sugar to taste and serve with fresh home-made bread and butter.

### SMIER KASE

Of course, grandma had a special recipe for this cheese Schmeer, but a busy house wife's 1957 version is just rotary egg beater. Salt to taste and serve.